



**LOOK
INSIDE...**

Micro-Needling

Maybe you've heard of it on a talk show or seen it online, but what is it really and what can it do for you? Automated Micro-Needling, also known as Epidermal Collagen Induction Therapy, is the latest technology in aesthetic medicine. A cartridge containing sterile micro points creates small perforations (controlled micro injuries) in the skin. These "injuries" in the skin will promote healing which will cause the production of collagen and elastin. It will also create micro channels that will allow nutrients and vitamins from your skin care products to be absorbed deeper and more effectively into the dermal layer of the skin. This has the added benefit of lessening the amount of product that you have to use therefore extending the life of your products.

Micro-Needling may sound a little intimidating but the feeling has been described as similar to a very thorough exfoliation, with some people saying that it is particularly ticklish in the nose area. Any hesitation that you may feel will dissolve when you see a before and after comparison photo. After several treatments the appearance of fine lines, acne scars, and stretch marks can be noticeably reduced. Micro-Needling can be done anywhere on the body from fine lines on the face to stretch marks on the stomach. It is a fast effective treatment, taking as little as 15-30 minutes depending on the size of the treatment area.



Before After
Courtesy of Dr. Kenneth Sanders,
Plastic Surgeon



Before After
Courtesy of Dr. Christine D Brown

Healing takes place over the 2-4 days after treatment during which some redness is not uncommon. Noticeable results will develop over the next few weeks and continue to improve over the next 6 months. This is a great stand-alone treatment or for even more drastic results, it can be done in a series of 2 or 3 treatments spaced out every 6-8 weeks.



RELIEVE, HYDRATE, and RESTORE...

with the newest addition to the Ultracalming line

Calm Water Gel

Do you want soft, nourished skin but hate the feeling of heavy, thick moisturizers? Look no further than Calm Water Gel! It will help restore moisture and soothe irritation, while leaving skin feeling light and fresh. Calm Water Gel forms a weightless barrier against environmental irritants; it is especially good for sensitive and dehydrated skin. While aloe moisturizes, lavender and cactus pear soothe, and apple helps to condition the skin. One of the key ingredients for binding moisture to the skin is Hyaluronic Acid which holds 1000 times its weight in water.

Calm Water Gel is also gluten-free and paraben-free with no artificial fragrances or colours. In fact Dermalogica's entire line of products is cruelty free for those who are conscientious about what they put on their skin. To use: apply a pea sized amount to your hands and rub to activate, and then pat gently onto the skin.

For extra protection against dryness, apply Barrier Defense Booster either before or mixed in with your Calm Water Gel. The best thing about these Ultracalming products is that they do not just help to clear current skin issues, they also protect against future flare-ups.



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About Us

Coral Medical Health Spa is a comprehensive practice complete with everything needed to help you look and feel your best from the inside out!

Under the supervision of Dr. Zoia Sherman, Coral offers the most advanced Age-Prevention solutions available from BOTOX Cosmetic to Bio-Identical Hormone Replacement Therapy, with a complete Day Spa featuring Dermalogica Skincare.

As a recognized leader in the field of cosmetics and anti-aging, Dr. Sherman combines leading technologies and procedures with first class individual attention to create a destination for those seeking the best in these treatments.